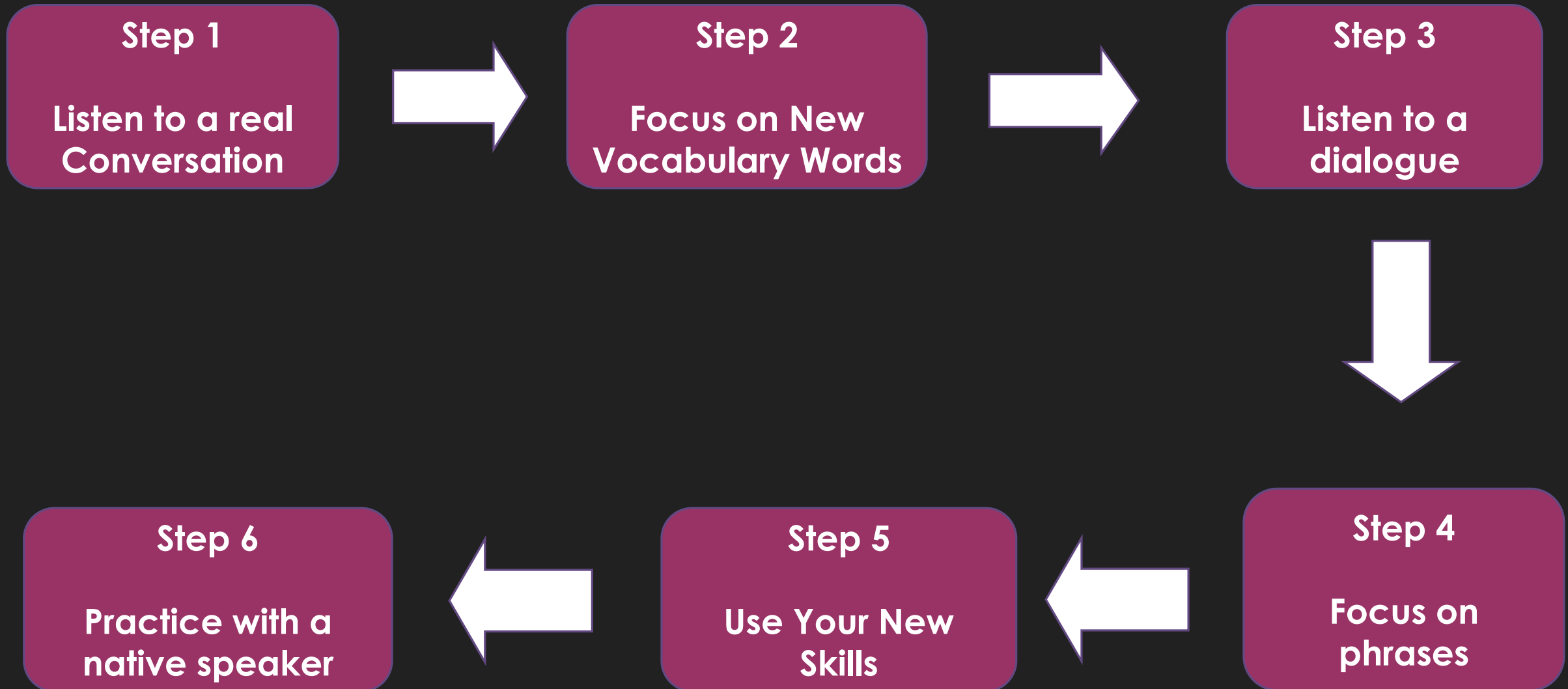




# Are You a Perfectionist?

A Vocabulary Lesson

# Our Method



# Step 1: Are You a Perfectionist?



**Please listen to Audio Step 1 –  
Are You a Perfectionist?**

**Do you consider yourself a perfectionist? What do you do as a perfectionist? If you're not one, do you think you could benefit from a pinch of perfectionism in your life?**

**Please view Transcript Step 1 -What's Perfectionism to You?**

## Step 2: Focus on New Vocabulary Words

To put  
yourself out  
there

Perfectionist

To be critical  
of\_\_\_\_

To be down  
on oneself

To  
procrastinate

To hit a snag

To stall

To be praised

To put yourself  
out there

Phrase



**Definition:** To not limit yourself. To take a chance on something even if it makes you feel uncomfortable.

***“Stop sulking and put yourself out there already! You won't meet anyone staying home on a Friday night.”***

# Perfectionist

noun



**Definition: a person who refuses to accept any standard short of perfection.**

***“We won't get this project finished if you don't stop being a perfectionist. Just turn it in before it's too late.”***



To be critical  
of\_\_\_

Expression



**Definition: Inclined to judge severely and find fault.**

***“How can you be so critical of her choices? Didn't you do the same at her age?”***

# To be down on oneself

## Expression



**Definition:** To criticize or be disappointed in one's performance or situation.

*“I'm really down on myself after that terrible presentation. I know I could have done much better.”*



# To procrastinate

Verb



**Definition: To put off doing something, especially out of habitual carelessness or laziness.**

***“Why do you procrastinate every week? You know the reports are due every Friday!”***

# To hit a snag

## Idiom



**Definition: to run into an unexpected problem.**

***“I'm sorry, but we hit a snag with the construction. The opening has been postponed for three days.”***

# To stall

verb



**Definition: To come to a standstill; be brought to a stop.**

***“The project is stalled for now. We ran out of funding. It's such a shame, I was looking forward to it.”***

# To be praised

verb



**Definition: To express commendation for, or admiration for.**

***“I think she deserves to be praised for her good work. We would have never made that deal without her.”***

## Step 4: Focus on the Vocabulary Phrases

Learn the new vocabulary in context!

- Please open Transcript Steps 3 and 4 – We've Hit a Snag

- “Come on, you are such a perfectionist.”
- “We have to put ourselves out there and launch it!”
- “When I was a kid, I was always praised based on results...”
- “I think our potential customers could be really critical of us...”
- “It looks like we've hit a snag...”
- “...the worst thing we could do right now is stall.”
- “Well if we put out an unprofessional image, I'll get really down on myself.”

# Bonus! Say It Another Way!

- Learn how to say the phrases in a different way!
- Click on the file “Say It Another Way”



## Step 5: Use Your New Skills

**To be down  
on oneself**

**To be critical  
of\_\_\_\_**

**To put yourself  
out there**

**To stall**

**To  
procrastinate**

**To hit a snag**

A: Why aren't you \_1\_ (taking a chance). I know you will do great.

B: I just can't get this report right. I'm just too \_2\_ (judgmental) of myself. I can't help it.

A: You can't be a \_3\_ (purist). I'm sure it's fine and you will be \_4\_ (rewarded) for your good work. You're not the type to \_5\_ (put it off) either, so stop \_6\_ (delaying) and turn it in!

B: I don't want to turn it in and then get \_7\_ (disappointed in) myself if it's not perfect!

A: Looks like you \_8\_ (hit a bump). I'm not sure what to tell you anymore.

**Perfectionist**

**To be praised**

# Answers to Step 5 Quiz

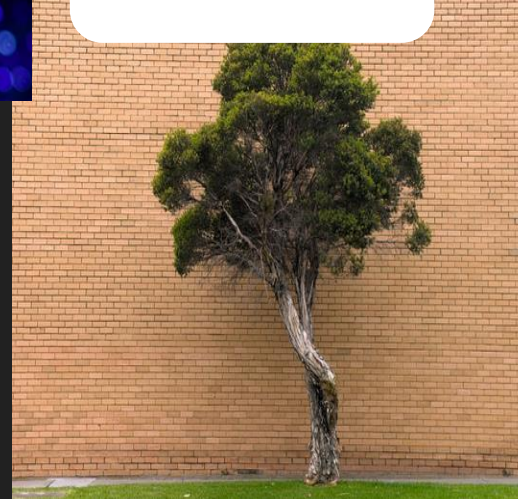
1. putting yourself out there
2. critical
3. perfectionist
4. praised
5. procrastinate
6. stalling
7. down on
8. hit a snag

# Prepare Your Vocabulary Cards

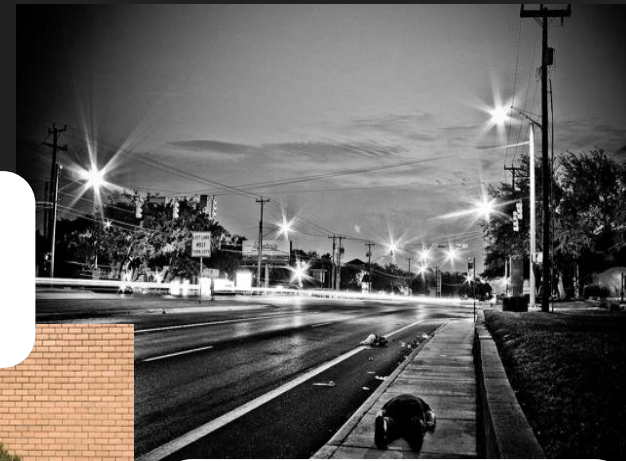
To be praised



To stall



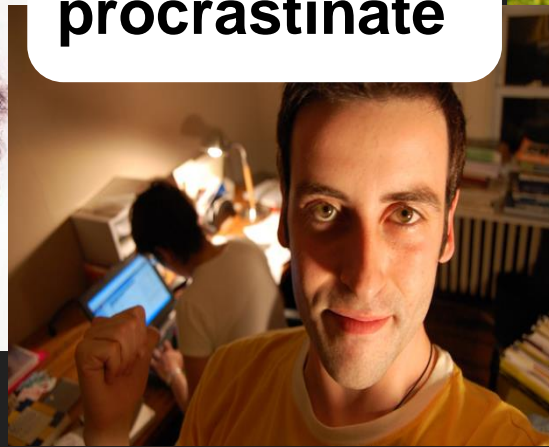
To put yourself  
out there



Perfectionist



To  
procrastinate



To be down  
on oneself



To be critical  
of\_\_\_\_



To hit a snag



## Step 6: Practice with a Native

- Have you ever **put yourself out there** and then people were really **critical of** you?
- What have you **procrastinated** on, and then later **gotten down on yourself** about?

**Bonus Conversation 1: Please use the phrases from Say It Another Way** (A= friend, B= friend)

A: (student) So I think it's time for us to really \_\_\_ (put ourselves out) there already.

B: No way! I'm being very \_\_\_ (critical) about everything we do.

A: We have been \_\_\_ (procrastinating) enough!

B: I refuse to \_\_\_ (get down on myself) because we put a poor product out there.

# Answers to Bonus Conversation 1

**Bonus Conversation 1: Please use the phrases from Say It Another Way** (A= friend, B= friend)

*A: (student) So I think it's time for us to take a chance out there already.*

*B: No way! I'm being very judgmental about everything we do.*

*A: We have been putting it off enough!*

*B: I refuse to get disappointed because we put a poor product out there.*



# Practice with a Native

- When was the last time you were **praised** for your work? Were you a **perfectionist** with what you were doing?
- When was the last time you **hit a snag**, and how did it **stall** you? Did everything work out in the end?

**Bonus Conversation 2: Please use the phrases from Say It Another Way** (A= friend, B= friend)

A: (student) I'm sorry but we can't move forward. We've hit a bit of a \_\_\_\_ (snag) with the developers.

B: What? So we're \_\_\_\_ (stalled) again? I can't believe this.

A: Well, I like to be \_\_\_\_ (praised) for my good work, not my mediocre attempt at it.

B: No, you're just too much of a \_\_\_\_ (perfectionist)! I can't deal with this much longer.



# Answers to Bonus Conversation 2

**Bonus Conversation 2: Please use the phrases from Say It Another Way**(A= friend, B= friend)

A: (student) I'm sorry but we can't move forward. We've hit a bit of a bump with the developers.

B: What? So we're delayed again? I can't believe this.

A: Well, I like to be commended for my good work, not my mediocre attempt at it.

B: No, you're just too much of a stickler for perfection! I can't deal with this much longer.

# Answers to Bonus Conversation 2

- How does perfectionism affect your English-learning journey? Are you a perfectionist when it comes to grammar? Vocabulary? Speaking?
- Do you agree or disagree with this quote and why?
  - “Done is better than perfect”

# Answers to Bonus Conversation 2

- Does your career field tend to draw a lot of perfectionists or not? Why or why not? What other fields attract perfectionists?
- Are you a perfectionist in one area of your life and not a perfectionist in another area? If so, give details.

# Additional Conversation Questions

- Do you think you put yourself out there? How? Give an example with details.
- How critical are you of yourself? Could you be more or less critical?
- Do you procrastinate often? What's the worst thing you procrastinate on?
- Do you think it's OK to be down on yourself sometimes? Why or why not?

# Additional Conversation Questions

- How have you overcome hitting a snag in the past?
- Have you ever stalled on something because you were being too much of a perfectionist? Give details of that situation.
- How were you praised as a child? How has this changed over the years?

# Credits

Perfectionist:

1. Bridge-<http://bit.ly/1tX1mv7>
2. Girl swimming - <http://bit.ly/1r2Ji2K>
3. City streets -<http://bit.ly/1uBmvJ3>
3. Girl b/w- <http://bit.ly/1x4lkFp>
4. Flower- <http://bit.ly/1pbi5VR>
5. Girl on white -<http://bit.ly/1x4JDV0>
6. Procrastinate- <http://bit.ly/1mGB8vU>
7. Turtle- <http://bit.ly/1skadZ4>
8. Tree- <http://bit.ly/1of8Xzv>
9. Praise- <http://bit.ly/1uBpNMr>
10. Website- <http://bit.ly/1tYiWPh>